



Coburg Harriers XCR Rnd 1 - Jells Park 22nd April 2023

| Div | Name | Time | Distance (km) | Pace (min/km) |
|-----|-------------------|----------------|---------------|---------------|
| W2 | Liv Shanahan | 24:41 | 6 | 4:07 |
| | Laura Perez | 25:02 | 6 | 4:10 |
| | Carmel Taylor | 27:24 | 6 | 4:34 |
| | Felicity Valetini | 27:03 | 6 | 4:31 |
| | Team Total | 1:44:10 | 24 | 4:20 |
| W5 | Amira Tabit | 29:19 | 6 | 4:53 |
| | Lauren Baruta | 29:54 | 6 | 4:59 |
| | June Allison | 31:31 | 6 | 5:15 |
| | Team Total | 90:44 | 18 | 5:02 |
| M3 | Sam Tabit | 24:49 | 6 | 4:08 |
| | Tony Cauchi | 23:29 | 6 | 3:55 |
| | Jett Fenton | 28:16 | 6 | 4:43 |
| | Nathan Sargent | 24:52 | 6 | 4:09 |
| | Douglas Price | 23:19 | 6 | 3:53 |
| | Team Total | 2:04:45 | 30 | 4:10 |
| M5 | David Woods | 27:43 | 6 | 4:37 |
| | Sam O'Brien | 23:11 | 6 | 3:52 |
| | James Wright | 27:25 | 6 | 4:34 |
| | Tony Kendall | 25:12 | 6 | 4:12 |
| | Team Total | 1:43:31 | 24 | 4:19 |
| M7 | Charles Clark | 39:24 | 6 | 6:34 |
| | David Fenton | 30:56 | 6 | 5:09 |
| | Sarah Restuccia | 32:05 | 6 | 5:21 |
| | Vicki Hutchins | 31:58 | 6 | 5:20 |
| | Team Total | 2:14:23 | 24 | 5:36 |

Helpers: Chris Harrap, Brian Delaney and Stef modesti